



# FAMILY & NEIGHBORHOOD SUPPORT KIT

Strengthening Homes, Blocks, and Communities, After Stress, or Hard Times





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# 01



## PURPOSE OF THIS KIT



**The Family & Neighborhood Support Kit provides simple, compassionate tools for:**

- Supporting emotional wellbeing at home
- Strengthening relationships between family members
- Building community resilience
- Helping neighbors check on and support each other
- Navigating stress after disasters, crises, or intense life events
- Encouraging connection, care, and mutual safety

This kit is designed to work in any setting: homes, churches, shelters, neighborhood groups, schools, community centers, or grassroots gathering spaces.

02



UNDERSTANDING HOW  
STRESS AFFECTS FAMILIES &  
NEIGHBORHOODS



## **Post-Disaster or High-Stress Family Reactions**

Families may experience:

- Short tempers or arguments
- Withdrawal or silence
- Sleep difficulties
- Trouble concentrating
- Less patience with children
- Emotional exhaustion
- Increased worry or fear
- Sensory overwhelm (sounds, lights, crowds)
- Anxiety about the future or safety

These are normal human reactions to threat and uncertainty.

## **Neighborhood-Level Stress Signs**

Neighborhoods may show:

- Increased irritability
- Misinformation spreading
- Conflict between neighbors
- Confusion about available resources
- Overreliance on certain individuals
- Fatigue among community helpers
- Heightened fear and distrust
- Emotional numbness

This kit offers tools to prevent breakdown and support resilience.

03



**FAMILY  
STABILIZATION TOOLS**





## The “Family Steadying Ritual” (5 minutes daily)

Families need calm, connection, and predictability after a crisis.

1. Everyone sits or stands in a circle
2. Take 3 breaths together
3. Each person shares ONE word: “Today I feel...”
4. One small positive: “What gave me strength today...”
5. Everyone closes with a phrase (choose one):
  - o “We will face things together.”
  - o “We are safe right now.”
  - o “Together, we are stronger.”

Simple but highly regulating.

## Family Calm Corner at Home

Designate a space for emotional resets:

- Soft blanket or mat
- Calming objects (teddy bear, pillow, candle, small plant)
- A comfort quote/verse
- Calming tools (breathing cards, stress ball)
- A journal or drawing pad

Use it as a **no-judgment zone** for both kids and adults.

## Family Stress Signals Chart

Create a simple list:

- **When stress is rising, we notice:**

- o Raised voices
- o Tight body or clenched jaw
- o Pacing
- o Withdrawing
- o Crying
- o Overthinking

Teach everyone that these are signals, not failures.

## Family Communication Prompts

Use during mealtime or check-ins:

- “What’s one thing that helped you today?”
- “What’s one worry that feels heavy?”
- “How can we support each other this week?”
- “What’s one thing we can do together to feel steady?”

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NEIGHBORHOOD  
SUPPORT FRAMEWORK



## **The “Neighbor Check-In Network”**

Create a simple local chain where neighbors check on:

- Seniors
- Single parents
- People living alone
- New families
- People with health needs
- Those recently displaced

Each person checks on 1–3 neighbors regularly.

## **5-Minute Neighbor Wellness Check**

A simple script:

- “Just checking in – how are you today?”
- “Do you have water, food, medication, light?”
- “What’s one thing you need right now?”
- “Are there any updates you want me to share with others?”
- “Would you like company for a few minutes? No pressure.”

## **Neighborhood Calm Practices**

These strengthen community identity and resilience:

### **Community Breathing Circle**

- Neighbors gather in a small group
- Do 5 rounds of slow breathing together
- Share one positive intention

### **Safe Gathering Spot**

Identify:

- A yard
- Community center
- Church verandah
- School
- Shaded spot outdoors

This becomes the psychological “home base” during crisis recovery.



## Community Strength Wall

**On fences, boards, or large paper:**

- **Families write messages:**
  - o “We rebuild together.”
  - o “Hope lives here.”
  - o “We are stronger than the storm.”

Acts as a visual symbol of unity.

05



**FAMILY & NEIGHBORHOOD  
EMOTIONAL SUPPORT  
TOOLS**



## The “Neighbor Check-In Network”

### Include:

- Notebook for grounding or journaling
- Crayons/markers for kids
- Stress balls
- Calming scent (lavender, mint oil, or cultural herbs)
- List of coping tools
- List of emergency contacts
- A comforting item (teddy, scarf, small toy)
- A spiritual or inspirational text

## Quick Coping Tools (For All Ages)

### Tool 1: 4-4-6 Breath

- Inhale for a count of 4
- Hold for a count of 4
- Exhale as you count of 6

### Tool 3: Hand on Heart

Say:

- “I am safe enough in this moment.”
- “My body can soften.”

### Tool 2: 5 Senses Reset

Notice:

- 5 things you see
- 4 things you can hear
- 3 things you can touch
- 2 things you can smell
- 1 things you like

06



COMMUNICATION &  
CONFLICT SUPPORT



## **Conflict-Soothing Phrases**

### **Use instead of yelling or lecturing:**

- “Let’s take a breath first.”
- “I want to understand, help me hear you.”
- “Let’s pause and restart.”
- “We’re on the same team.”

## **Rebuilding Communication After Disaster Stress**

Family hearts are tender after loss.

### **Teach:**

- Slow speech
- Listening without interrupting
- Naming your emotion
- Asking before giving advice



07



CHILD & TEEN SUPPORT  
SECTION



## **Emotional Reactions in Children**

- Clinginess
- Nightmares
- Irritability
- Regression (thumb-sucking, bedwetting)
- Worry about future disasters
- Asking repetitive “what if” questions

## **How to Support Kids**

- Offer routines
- Validate emotions
- Limit scary news
- Provide comfort items
- Encourage drawing or play to process feelings

## **Teen Reactions**

- Withdrawal
- Overhelping the family
- Anxiety
- Exhaustion
- Feelings of guilt

Support by:

- Encouraging breaks
- Giving safe roles
- Checking in privately
- Validating their need for rest

08



SENIOR & VULNERABLE  
NEIGHBOR SUPPORT



### **Seniors May Need:**

- Frequent check-ins
- Medication reminders
- Assistance with forms and phones
- Calm conversation
- Safety reassurance
- Gentle grounding exercises

### **Safety Questions**

- “Do you have your medication?”
- “Do you feel steady on your feet today?”
- “Do you need anything from the store?”

09



**AFTER DISASTER:  
COMMUNITY RECOVERY  
TOOLS**





## **Family Routine Rebuild**

### **Rebuild basic routines:**

- Wake time
- Meal times
- School/leaving home
- Quiet time
- Bedtime
- Community gathering time

## **Community Healing Gatherings**

Facilitated by churches, schools, or local leaders.

### **Include:**

- Opening grounding exercise
- Community sharing
- Collective prayer, song, or moment of silence
- Group breathing
- Hope messages
- A closing ritual (light candles, say names, gratitude circle)

## Resource Mapping

### List in the neighborhood:

- Available food
- Water stations
- Charging stations
- Medical/first aid
- Shelter
- Transportation
- Emotional support contacts
- Community leaders

# 10



## PRINTABLE TOOLS





# FAMILY STRESS PLAN


## WORKSHEET



This worksheet is designed to help guide our family during high-stress events or disasters. Together, we'll fill this out so we can be prepared, stay calm, and support each other during challenging times.

### Our Emergency Contacts:

 Family Contact: \_\_\_\_\_

 Friend/Neighbor: \_\_\_\_\_

 Out-of-Area Contact: \_\_\_\_\_

### Our Safe Meeting Places:

Near Our Home: \_\_\_\_\_

Outside Our Neighborhood: \_\_\_\_\_



### Ways We Can Cope With Stress:

To feel calm, we can: \_\_\_\_\_

If we're feeling overwhelmed or upset, we will: \_\_\_\_\_

After a stressful time, our family can reconnect and feel better by: \_\_\_\_\_

When we're finished, we'll keep this plan in a safe spot:

I can: \_\_\_\_\_

I can: \_\_\_\_\_

I can: \_\_\_\_\_








# NEIGHBORHOOD CONTACT LIST

Let's create a list of our local contacts and resources. This way we can help each other if needed.

| * <sub>+</sub> | Name | Address | Phone | Notes (Skills, Tools, Special Info) |
|----------------|------|---------|-------|-------------------------------------|
| 1.             |      |         |       |                                     |
| 2.             |      |         |       |                                     |
| 3.             |      |         |       |                                     |
| 4.             |      |         |       |                                     |
| 5.             |      |         |       |                                     |
| 6.             |      |         |       |                                     |
| 7.             |      |         |       |                                     |
| 8.             |      |         |       |                                     |
| 9.             |      |         |       |                                     |
| 10.            |      |         |       |                                     |

 **Local Police Dept.:** \_\_\_\_\_

 **Local Fire Dept.:** \_\_\_\_\_

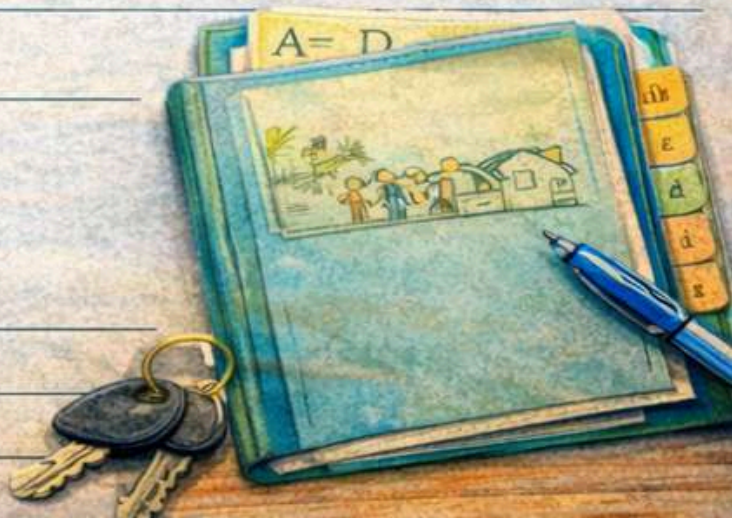
 **Neighborhood Medics:** \_\_\_\_\_

Keep this list in an easy-to-find place.

I can: \_\_\_\_\_

I can: \_\_\_\_\_

I can: \_\_\_\_\_









# Community Safety Plan

This worksheet is designed to help keep our neighborhood safe. Let's work together to fill this out and stay prepared.

## Emergency Contacts:

 Local Police Dept.: \_\_\_\_\_

 Local Fire Dept.: \_\_\_\_\_

 Neighborhood Medics: \_\_\_\_\_

## Our Hazards & Risks:

What emergencies or risks are most likely to happen in our community?

\_\_\_\_\_  
\_\_\_\_\_

## Steps for Safety & Preparation:

What actions or plans can help us stay safe during emergencies?

\_\_\_\_\_  
\_\_\_\_\_

## Neighborhood Helpers & Skills:

Name: \_\_\_\_\_

Skills: \_\_\_\_\_

Skills: \_\_\_\_\_

## Neighborhood Helpers & Skills:

Name: \_\_\_\_\_

Skills: \_\_\_\_\_

## Community Resources & Alert Systems:

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_







# Family Coping Menu

Let's create a list of ideas to help us manage stress together. When we're feeling stressed, overwhelmed, or anxious, we can choose an activity from this list to help us calm down and reconnect.



## Fun Activities

☐  
☐☐  
☐

## Ways to Relax

☐  
☐☐  
☐

## Helping Others

☐  
☐☐  
☐

## Healthy Habits:

☐  
☐☐  
☐

Other things we can try:

☐  
☐